FUELED MITO-MIX BLEND PROTOCOL

MITO-MIX BLEND PROTOCOL
—where real transformation happens.
Fix the engine before you floor the gas.

What it is

SS-31 (Elamipretide) – Mitochondrial membrane repair & ATP efficiency
Stabilizes cardiolipin, reduces oxidative stress, improves electron transport chain efficiency, and restores ATP output at the source.

MOTS-C – Metabolic signaling & insulin sensitivity
Acts as a mitochondrial hormone; enhances glucose uptake, improves metabolic flexibility, increases fat oxidation, and supports longevity signaling (AMPK, insulin pathways).

5-Amino-1MQ – Fat loss & NAD^+ liberation
Inhibits NNMT, preserves NAD^+, increases metabolic rate, accelerates stubborn fat loss, and improves energy efficiency without stimulants.

Axis: Mitochondria

Vial Composition

Component	Amount
SS-31	30 mg
Mots-C	20 mg
5-Amino-1MQ	10 mg
Total per vial	**60 mg**
Reconstitution: bacteriostatic water	2 mL
Final concentration: mg/mL (total peptide/ml)	30.0 mg/mL

Dosing Protocol

Parameter	Specification
Injection timing (can be 2x/day)	Morning (Fasted)
Dose (total) [9-18mg]	**9.00 mg**
SS-31	4.50 mg
Mots-C	3.00 mg
5-Amino-1MQ	1.50 mg
Injection volume	0.3 mL (≈30 insulin units)
Frequency: days/week	5

Protocol Length

	Time Frame
Total duration: weeks	12
Active dosing days: days	60
Vials:	9

Supply Calculation

Item	Quantity
Total peptide required	540 mg
Vials required	9 vials (60 mg each)
Insulin syringes	60
BAC water	18 mL (recommended 2-10 mL vials

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FUELED MITO-MIX BLEND PROTOCOL NOTES

Fueled Mito Reset is a systems-level mitochondrial support blend intended to address energy dysfunction at its source rather than through stimulation or forced metabolic output. The formulation focuses on restoring mitochondrial efficiency by improving signal coordination, protecting structural integrity, and reducing internal metabolic resistance. MOTS-c supports adaptive metabolic signaling, helping cells align fuel utilization with real energy demand instead of compensatory overdrive. SS-31 reinforces mitochondrial membrane stability, preserving the environment where oxidative energy production occurs and reducing functional "leakiness" that degrades output under stress. 5-Amino-1MQ contributes by easing chronic metabolic braking mechanisms that silently suppress energy availability over time.

Clinically, this blend is best positioned as foundational infrastructure rather than a performance enhancer. Patients may experience improved baseline energy consistency, better recovery between physical or cognitive demands, and reduced fatigue variability without stimulant-like effects. Fueled Mito Reset integrates cleanly beneath fat-loss, performance, cognitive, and longevity protocols, where improved mitochondrial efficiency enhances the return on downstream tools rather than competing with them. Its value lies in preservation and resilience — supporting long-term cellular capacity, stress tolerance, and metabolic coherence rather than short-term peaks or symptomatic energy elevation.

Ipamorelin is the execution layer. As a selective GH secretagogue, it sharpens each pulse with clean amplitude—no cortisol spike, no prolactin creep, no appetite chaos. Where Tesamorelin lengthens and strengthens the signal, Ipamorelin spikes it, creating a synchronized pulse that mimics how the body is supposed to release GH during deep sleep and fasted states. The result is a stronger signal-to-noise ratio: better recovery, deeper sleep architecture, improved skin and connective tissue, and lean mass preservation while fat comes off.

Together, the 10/3 ratio is intentionally conservative and sustainable. This blend is built for daily use, long cycles, and adults who care about results and longevity. No receptor burnout. No endocrine shortcuts. Just clean signaling, night after night. Translation: optimize the axis, respect the system, and let biology do the compounding.